



CORE POWER YOGA

Lisa Bloom

Group Attendees: 25

December 8 - 15, 2018

Meal Hours

Breakfast ~ 8:30am – 10:30am

Dinner ~ 6:30pm – 8:00pm

Dietary/Allergy Restrictions

See posted information on attendees with allergy restrictions.

Group Event Schedule

6:30am – Coffee & Tea & fruit Available

7:15am to 8:30am - Morning Meditation/Yoga
Main Yoga Studio

8:30am to 10:30am – BREAKFAST

3:30pm to 5:00pm – Workshop
Monday – Wednesday - Friday
Main Yoga Studio

5:00pm to 6:15pm - Evening Yoga
Main Yoga Studio

6:30pm – 8pm - DINNER

SATURDAY, DECEMBER 8

DINNER

Baked Mac Nut Crusted Fish
With Avocado Aioli
Sautéed Garden Greens
Turmeric Rice
Garden Salad and Dill dressing
Avocado slices
Chocolate Avocado Cupcakes with Avo
frosting

SUNDAY, DECEMBER 9

BREAKFAST

Oatmeal
Scrambled Eggs
Fresh Sliced Fruits
Yogurt & Granola
Toast with avocado slices and Goat
cheese, peanut butter, jam & butter

DINNER

Vegetable & Pumpkin Curry
Lamb cooked with spices (?)
Red Lentil Soup
Brown Rice
Green papaya salad
Green salad
Ginger Snaps

MONDAY, DECEMBER 10

BREAKFAST

Scrambled Eggs
Fresh Sliced Fruits
Yogurt & Granola
Gluten free pancakes
Syrup, peanut butter, jam & butter,
Avocado slices

DINNER

Lemongrass chicken (or Teriyaki)
Lemongrass Tofu (2 persons)
Cellophane Noodles with Vegetables
Sautéed greens
Brown rice
Salad bar
Desert

TUESDAY, DECEMBER 11

BREAKFAST

Scrambled Eggs
Chi seed pudding
Fresh Sliced Fruits
Yogurt & Granola
Toast with avocado slices and Goat
cheese, peanut butter, jam & butter

DINNER

Cassava/Tapioca & Sweet Potato Gratin or
Gnocchi with homemade Pesto
Baked fish with lemon aole
Quinoa Tubule salad
Garden Green Salad with homemade
dressing
Pineapple crisp

WEDNESDAY, DECEMBER 12

BREAKFAST

Scrambled Eggs

Fresh Sliced Fruits

Yogurt & Granola

Breakfast bread, muffins, scones or biscuits

peanut butter, jam & butter,

Avocado slices

DINNER

Chicken breast stuffed with goat cheese

Carrot, ginger, cassava soup

Kale salad

Sweet Potato biscuits

Mochi

THURSDAY, DECEMBER 13

BREAKFAST

Scrambled eggs

Roasted Potatoes

Fruit Platter

Yogurt & Granola

Toast with avocado slices and Goat cheese,

peanut butter, jam & butter

DINNER

Tandoori Chicken / Vegetarian – Tandoori

Cauliflower, cassava or pumpkin

Coconut/Cilantro Rice

Cucumber Riata

Coriander Naan

Garden Salad

Dissert

FRIDAY, DECEMBER 14

BREAKFAST

Scrambled Eggs

Oatmeal

Fresh Sliced Fruits

Yogurt & Granola

Toast with avocado slices and Goat cheese,
peanut butter, jam & butter

DINNER

Luau

Chicken Long Rice

Brown rice

Tofu Poke

Pulled pork (in freezer)

Avocado slices

Green Salad

Haupia

SATURDAY, DECEMBER 15

BREAKFAST

Scrambled Eggs

Fresh Sliced Fruits

Yogurt & Granola

Gluten free pancakes

Syrup, peanut butter, jam & butter,